



BRFSS

Overweight and Obesity

Fact Sheet

Chronic Disease Epidemiology Unit

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Recommendation: To help maintain a healthy weight, individuals are encouraged to engage in 30 minutes or more of moderate activity daily, in addition to eating a diet low in fat and rich in nutrients.

Louisiana is comparable to the nation in terms of percentages of respondents who are overweight, which is about 37% of the population for the year 2000

Louisiana's prevalence of obesity is higher than the national average, at 24% for the year 2000, and has been consistently higher over the past 10 years (compared to 16% in 1991) [see Fig. 1]

Overweight and obesity prevalence peaked in the 45-64 year old age group for 2000 (43% and 27% respectively), with the following rates for other groups: 18-24 (25% and 14%); 25-44 (36% and 24%); 65+ (41% and 19%) [see Fig. 2]

44% of men were overweight and 22% were obese, compared to 29% of women who were overweight and 25% who were obese [see Fig. 3]

African American respondents were 1.6 times as likely to be obese than white respondents (32% vs. 20%), and both had a high prevalence of overweight individuals (38% and 37%) [see Fig. 4]

All data from the Louisiana Behavioral Factor Surveillance System: 1991-2000 Chronic Disease Report

[<http://oph.dhh.state.la.us/chronicdisease/behavioralrisk>]

